

The Connection

Mission Statement: Spencer County Schools will go the distance for all students!

Vision Statement: Spencer County Schools will ensure all students reach their full potential through high academic standards empowering them to become highly effective individuals.

October 21, 2010

Issue date: Each Thursday

Deadline for items: Wednesday afternoon

Submit items to Central Office:

Phone 477-3250 or via

bonnie.parsons@spencer.kyschools

Wedding Bells

Heather Lauren Beaverson, daughter of Dorothy and Brett Beaverson of Taylorsville and Greg Horn, son of Dale and the late Dee Dee Horn, were wed on October 9th, 2010, at Pewee Valley Presbyterian Church in Oldham County.

The happy couple will reside in Richmond, Kentucky where Heather will continue her education at Eastern Ky. University. (see photo attached)

Breast Cancer Awareness Month



Your Spencer County School Nurses would like to encourage ALL faculty, staff and students to **"Get Your Pink On"** and wear pink on Friday, October 22nd. This is to recognize and acknowledge that October is Breast Cancer Awareness Month. We would like to encourage all women (and men) to have good "Breast Health" and follow these

American Cancer Society recommendations to help detect breast cancer in its earliest stages:

Mammograms – A mammogram is one of the most effective ways to detect breast lumps too small to be felt or seen. Annual Screenings should begin at 40 & older.

Clinical Breast Exams – This is a breast exam performed by a healthcare professional. This is usually done when you have your annual pap smear. This should begin in your 20's & 30's.

Breast Self-exam (BSE) – Checking your breasts regularly familiarizes you with how your breasts normally feel and look. By knowing what is normal, you can detect changes more quickly and then report these changes to your healthcare professional. You should begin regular BSE's in your 20's or even earlier.

As always, if you have any questions or feel you are at a higher risk for breast cancer, you should discuss with your doctor your family history and what options are right for you.

Again, your **Spencer County School Nurses** would like to challenge everyone to **"Get Your Pink On"** this Friday, October 22nd.

— Kathy Dippel, RN

FOR SALE



Painted Pumpkins. Customized art: cartoons, fall items, etc. Prices range from \$2 for small, \$5 or \$6 for medium, and \$10 or \$15 for large. Please call Karen or Treva at 619-4416; 619-4169.

Hot Tub—call for details. \$2000 or best offer. Please call 502-533-5066.

Monthly Meeting

The Spencer County School Board will meet next Monday night, October 25th, at 6:30 p.m. in the Preschool building on Reasor Avenue.

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Support the 8th Grade Trip — Use a Kroger Card!

You can help support the 8th grade class trip and it will cost you nothing **EXTRA**. Everyone has to buy groceries anyway! So, why not get a **KROGER** card from us or do as I did and get one for yourself, for family, and friends.

It is easy and simple to use and the instructions are attached online. So come down to the Middle School Office and ask for Martha Crenshaw to get your card **while supplies last**. (Just kidding we can get more!)

Thank you for supporting the students of SCMS,

Darrell R. White

Hello Spencer County Public School Employees! It's Festival Time!



SCES asks you to come out on **October 29th** to our annual Fall Festival! It is a family fundraising night that is always FUN!

We're introducing a new dinner menu provided by Value Market. You'll have your choice of a meat (ribeye sandwich, hamburger, or hot dog) with chips, a drink, a slice of Adam Matthew's cheesecake or dessert of your choice. Prices range from \$6-\$8 per meal.

Of course we will have many games and activities for kids of all ages. There will be a live and silent auction in the library and you can even shop at our country store or retail/craft booths around the school too.

If you would like more information about renting booth space for your organization or self, please contact me at ashley.phillips@spencer.kyschools.us. If you would like more information about the auction, please contact Mrs. Tobbe at erin.tobbe@spencer.kyschools.us.

Thanks so much for your support and we hope to see you at the end of the month! — Ashley Phillips
Spencer County Elementary, 1st Grade Teacher



**Trick Or Treat On Main
October 30: 5-8 pm**



After all the trouble you go to, you get about as much actual "food" out of eating an artichoke as you would from licking 30 or 40 postage stamps.

- Miss Piggy

Support the Sweet Sounds of the Children!

SCES Chorus is taking orders for fresh **evergreen wreaths and centerpieces**. For descriptions and to view pictures of these beautiful holiday decorations open the (evergreens) **attachment**. Wreaths are \$20 and centerpieces are \$15. You can call or email me to place an order. Thank you for your support!!!

The **deadline is Friday, October 22**. They will be delivered to SCES the week after Thanksgiving. Individuals will be contacted with a specific date and time to pick up their purchase after they have been delivered to the school.

— Stephanie Puckett, SCES Music/Chorus/Percussion



It's that time again!!! You can support the **TES Chorus** and take care of some of your Christmas decoration shopping by purchasing a beautiful poinsettia plant! They are only \$14 and come in four colors: red, pink, white, and marble (a pink/white mix).

These plants are large in size and definitely well worth the money. The sale will be going on through **October 29th**. If you would like to purchase one and help support our wonderfully gifted students you can contact me by phone, 477-3339 or email. Thanks! ~Erin Kelley

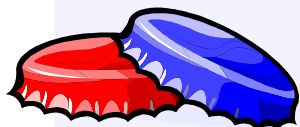
You're invited to a fundraiser and 1-year-celebration of the **Christian Crossing Lifeline Center**, 1501 Little Mount Road, from noon to 6 p.m. this Sunday, October 24.

The Smart Step-Family

Tuesday, October 26th, 10 am –12 noon

or 6:30 pm–8:30 pm

Discover the Keys to Growing Healthy Relationships in Your Step-family
By Operation: PARENT at Operation: PARENT headquarters, 13029 Middletown Industrial Blvd., Louisville, KY 40223, (1 Minute from the Walmart/Target on Shelbyville Road near the Gene Snyder Freeway)
To register: Go to operationparent.org, click on "Speakers" and then "Register." Or, call (502) 245-7154



KEEP COLLECTING!

Bring lids and caps or all sorts for Stacy Larue's **Middle School art project**.

It Gets Scariier After Halloween!

Mark your calendar to catch these scary, one-act plays: *Frankenstein* and *The Headless Horseman* (a musical).

There are **over 90** middle and high school students involved in these productions, including the director for *Frankenstein*, RuthAnne Schultz.

Tickets are \$2 for students and \$4 for adults, on **November 4, 5, 6** at 7:00 pm and on **Sunday, Nov. 7** at 2:00 pm at the Middle School Auditorium.

—Shelby Steege

CHICKEN AND EGGPLANT PARMESAN Yield: 4 servings

- 4 crosswise slices of eggplant, skin on, approximately 1/2 inch thick
- 1 whole egg
- 1 egg white
- 1 tablespoon water or milk
- 2/3 cup seasoned bread crumbs
- 3 tablespoons chopped fresh parsley
- 1 tablespoon grated Parmesan cheese
- 1 pound skinless, boneless chicken breasts (about four)
- 2 teaspoons vegetable oil
- 1 teaspoon minced garlic
- 1/2 cup tomato pasta sauce
- 1/2 cup grated mozzarella cheese



Preheat oven to 425 degrees F. Spray baking sheet with vegetable spray.

In a small bowl, whisk together whole egg, egg white and water. On plate stir together bread crumbs, parsley and parmesan. Dip eggplant slices in egg wash, then coat with bread-crum mixture. Place on prepared pan and bake for 20 minutes or until tender, turning once.

Meanwhile, pound chicken breasts between slices of waxed paper to 1/4-inch thickness. Dip chicken in remaining egg wash, then coat with remaining bread-crum mixture. Heat oil and garlic in nonstick skillet sprayed with vegetable spray and cook for four minutes or until golden brown, turning once.

Spread one tablespoon of tomato sauce on each eggplant slice. Place one chicken breast on top of each eggplant slice. Spread another one tablespoon of tomato sauce on top of each chicken piece. Sprinkle with cheese and bake for five minutes or until cheese melts.

Nutritional information per serving: Calories: 325; Protein: 35 g; Carbohydrate: 19 g; Fat: 11 g; Cholesterol: 127 mg; Sodium: 924 mg; Fiber: 0 g; Diabetic Exchanges: 1 Starch, 1 Vegetable, and 4 Lean Meats